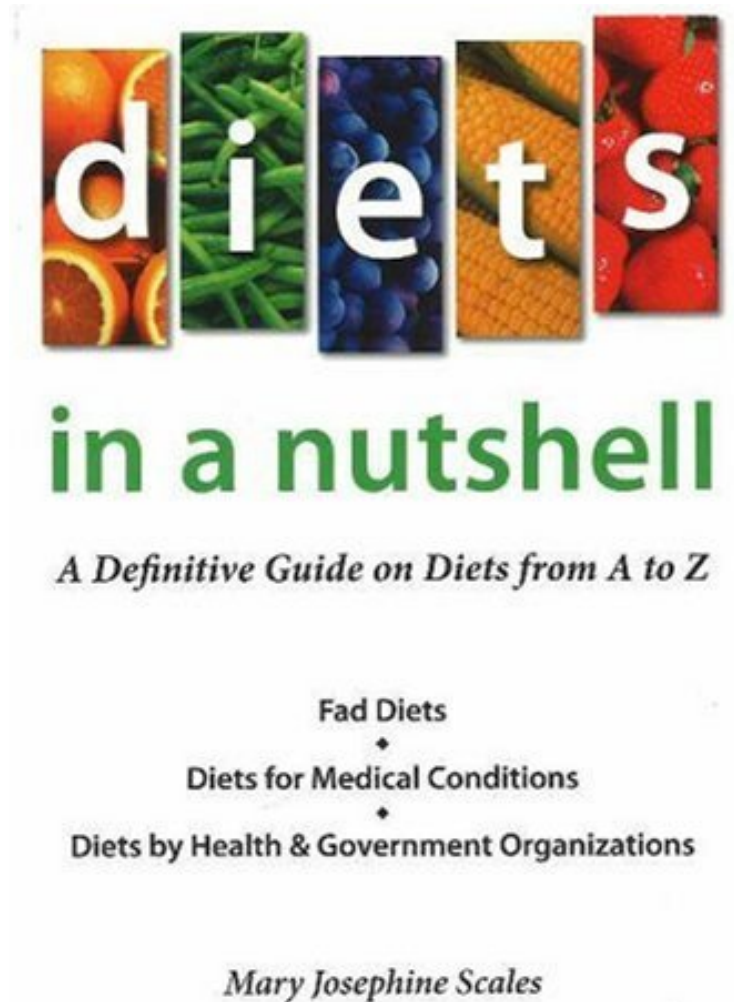


## Diets in a Nutshell

Mary Josephine Scales

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Honest for a Diet BookBy Teddy GoldammerI purchased this book looking for an objective guide to all the fad diets on the market. I was not disappointed.

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"With diets coming out the wazoo, it's hard to keep track of what's a fad and what's the real deal. Mary Josephine Scales . . . tells you which are sound and which are not." Oxygen